

## HOW TO CULTIVATE THE

## SKIN AND COMPLEXION.



**A**merican women, as a rule, have bad complexions. They don't devote the necessary time nor the intelligent attention required to prevent the inexcusable wrinkles, crowsfeet and other evidences of premature old age. The question is frequently asked me what do I find to be the prevailing and most prevalent shortcomings in our women's complexions? I answer: Roughness, dryness, and excessive redness, discolorations, such as moth and liver patches, sallowness, freckles, and, in almost every instance, blackheads. I cannot censure this neglect too severely. If women have neither the time nor the inclination to do anything more than to wash their faces with tepid water and a pure soap, before retiring they should at least perform this little duty to good looks.

Many women neglect even to perform this slight attention, and retire with the powder and accumulated dust of the day on their faces. I am not an enthusiast on the free use of soap, for the reason that it is difficult to obtain a perfectly neutral one that contains no excess of alkali. The less soap used on the face the better for the complexion. The very best soap known is the genuine Spanish olive oil soap, the next best is the castile soap, which it closely resembles, except in price, being very much cheaper. No woman can afford to use upon her face anything but the best soap.

Sun and air give a ruddy, healthy glow to the face, but they also roughen and brown the skin.

Numerous women say: "Oh, I never use anything on my face but soap and water." If they tell the truth, my word for it, they have hideous complexions. Read of the attention the Oriental beauties bestowed on their complexions; it will astonish the women of the present day, but, nevertheless, in their surpassing complexions they felt repaid for their faithful attention.

I feel sorry for a woman of thirty with a complexion of forty or more. She has no one to blame but herself if she loses her youthful looks ere she is three-score. But how many women do, and in order to temporarily alleviate their distress resort to poisonous and harmful balms and dangerous bleaches.

If the complexion has been neglected or injured by the use of poisonous cosmetics or soaps, and it is desired to restore it to its former healthful condition, it must be done by administering the proper food and nourishment to the hungry pores and relaxed muscles. Is it not reasonable that what can be done for the body can also be done in another and more delicate way for the face? Women can feel assured that by a systematic, intelligent and persistent physical culture of their skin and complexion the hollows in the cheeks, at the temples, under the eyes and about the chin, also the advent of the much-dreaded crowsfeet, can easily be postponed many years.

## QUESTIONS AND ANSWERS.

Grace Todd, Chicago.—Would you kindly give through the Woman's Home Journal a preparation for removing crowsfeet from around the eyes?

You should procure a nourishing cream and tonic to nourish the tissues which have become impoverished. Unless this is done pronounced wrinkles will soon be in evidence.

Lelia Randall, New London.—Will you tell me if peroxide of hydrogen is harmful either to the hair or brain?

No, not if used in moderation; premature grayness, however, will follow its continual use. For answers to your other questions send full personal address.

G. E. S., Cincinnati.—How can a thick, coarse skin be made to look soft and refined? What will prevent and remove wrinkles? Is French rice powder injurious to the skin?

Consult a reputable skin specialist, so that the proper preparations and mode of treatment can be given you; for answer to next question see reply to Grace Todd. French rice powder is injurious to the skin for the reason that it is too drying and contains too much perfume.

Lily L.—My face and hands continually chap during cold weather. Can you instruct me how to prepare a good cold cream?

Would advise you to purchase from a reliable druggist a cold cream which he could recommend. To make one requires pure materials, implements and some skill, without which you would no doubt produce an unsatisfactory preparation.

Answers to the following cannot be given in these columns. If name and address is sent to Mary Scott Rowland, care American Woman's Home Journal, they will receive replies by mail: M. D., Allegheny, Pa.; S. L. H., Brooklyn; Mrs. G. C. B., Richmond, Va.; A Reader of the Journal, Washington; Miss D. Mohr, Hoboken; Lau L., Worcester, Mass.; A Journal Reader, Agnew, Mich.; Maud, Brooklyn; Margaret Lamb, Reading, Pa.; Macy, Hoboken; Gertrude Gerald, Leominster, Mass.; Constant Reader, Ellabzeth, N. J.; Miss N. A. L., New York, and Mrs. C. R., Brooklyn.

Annie B., Nanticoke, Pa.—Your question is answered in the issue of February 28.

Reader of Journal, Newark; Mrs. E. L., Brooklyn; Jennett Wearing, Nauga-

tuck, Conn. Your questions were answered in American Woman's Home Journal of March 7.

Kitty B. Bent, Troy.—Your inquiry about freckles is answered in Journal of 7th Inst.; for answer to your other query send personal address.

Oblige, New York.—Electricity is the most effectual remedy; for other information send personal address.

MARY SCOTT ROWLAND.

The women of China have gone into the business of agitating. They have not yet begun to sigh for suffrage, so far as appears at present, but they do want natural feet, and to this end two societies, the International Women's Union and the Tien Teu Hui, or Natural Feet Society, have combined. Petitions were drawn up and numerous signatures obtained, but it was found impossible to get the matter before the Emperor and Empress. The authorities to whom it was sent replied that the matter could not be regulated by law; those who did not want to bind their children's feet need not do so; those who did could not be prevented; and therefore it was useless to trouble their majesties.

The Dauphine Marie Antoinette "invented for her demi-bain," says a writer of her time, "a half-bath which yet bears her name." It was a deep, oblong basin set in a wooden frame, the back being raised like an armchair. For her large baths the Princess had a decoction prepared of laurel leaves, wild thyme and marjoram, to which was added a little sea salt. Diane Poitiers bathed in rainwater. In the eighteenth century ladies had baths concocted, like Poppo's, of asses' milk, also of milk and almonds, of water distilled from honey and roses, of melon juice, of green barley water, of linseed water, to which was added balm of Mecca, rendered soluble with the yolk of an egg, and even of weak veal broth. Isabel of Bavaria favored marjoram baths.

*It pays to buy at Vantine's. | It pays to buy at Vantine's.*

## Interesting news about Japanese screens, at Vantine's.



Part of our store news this week is about a special sale of Japanese screens. Most of the screens are daintily hand-painted, others are richly embroidered, while still others are fancifully decorated with stucco work. Many of them are in the fashionable blue and white.

The prices have been greatly reduced and any one wanting screens or who expects to want any during the coming summer will do well to attend this sale.

Note the following items:

**60c SCREENS FOR 40c; 1** Hand-painted fire screens, 4 folds; bamboo frames; paper panels.

**75c SCREENS FOR 50c; 4** folds; hand-painted; parchment panels; fire screens.

**\$1.00 SCREENS FOR 60c.** Fire screens; bamboo frames; painted panels.

**\$1.50 SCREENS FOR 85c;** Blue and white screens with bamboo frames; 2 folds.

**\$2.00 SCREENS FOR 1.50.** Hand-painted fire screens; 2 folds; assorted colors.

**\$2.25 SCREENS FOR 1.75.** Black cloth screens. 2 folds; stucco decorations.

**\$5.00 SCREENS FOR \$3.00.** Hand-painted linen screens; cloth backs; 4 folds, 5 1/2 feet high; white, green, blue, pink or gray coloring; floral decorations.

**\$6.00 SCREENS FOR \$4.00.** Painted and embroidered in floral designs in pink, lavender, blue and green colorings; 4 folds, 5 1/2 feet high.

**\$5.00 SCREENS FOR 3.75.** Hand-painted cloth screens; exceedingly artistic; in green, pink, white or blue colorings; 4 folds, 5 1-2 feet high.

**\$7.50 SCREENS FOR 5.00.** Handsome open decorated cloth screens in artistic shades; 4 folds, 5 1-2 feet high.

**\$7.00 SCREENS FOR 6.00.** A 4-fold 5 1-2 foot screen, with pretty landscape designs; various colorings.

**REGULAR \$7.00 SCREENS.** With irregular shape; cloth screens with fancifully shaped patterns; handsome leaf decorations in stucco work; in yellow, green, white and pink colorings; 4 folds, 5 1-2 feet high.

**\$7.50 SCREENS FOR 5.50.** Colored cloth screens, with landscape designs; for cottage or seashore use.

**\$14.00 SCREENS FOR 10.00.** Blue and white screens, with floral and rural scenes of the interior of Japan; 4 folds, 5 1-2 feet high.

**\$15.00 SCREENS FOR 10.00.** Handsome blue and white screens, with oak frames; cord embroidered.

PRICE REDUCTIONS IN ALL DEPARTMENTS.

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